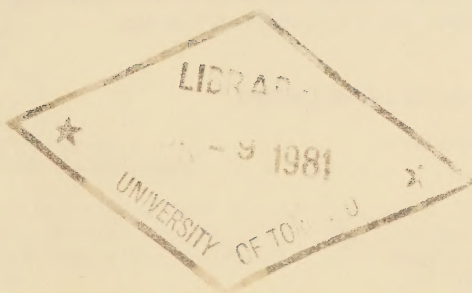


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ONTARIO LAMB



Ontario

Kenneth Lantz
Deputy Minister

**Ministry of
Agriculture
and Food**

Hon. Lorne C. Henderson
Minister

HERB STUFFED LAMB

1 leg of lamb, 6 lb
3 slices whole wheat bread, crumbed
½ cup ground ham (¼ lb)
1 small onion, minced
1 beaten egg
½ tsp ground thyme
¼ tsp dried rosemary leaves
¼ tsp ground sage
¼ tsp salt

Remove bone from leg of lamb and enlarge the cavity. Mix remaining ingredients for the stuffing. Spread the stuffing over lamb and roll up. Secure with skewers and tie firmly with string. Roast uncovered in a shallow pan or on a rotisserie for 2¼ to 2½ hours or until a meat thermometer reaches 63°C (145°F) for medium lamb. Makes 8 to 10 servings.

Note Lamb shoulder, boned, may be used instead of the leg.

ROAST RACK OF LAMB

2 racks of lamb (3 to 4 lb)
1 clove garlic
salt
freshly ground pepper
¾ tsp dried tarragon leaves
½ tsp dried thyme leaves
¾ cup bread crumbs
¼ cup butter, melted
2 tbsp minced fresh parsley
1 clove garlic, minced

Have the butcher crack the ribs close to the backbone to facilitate carving. Score the fat with a sharp knife. Place the racks, fat side up in a shallow baking pan. Rub the scored surface with clove of garlic. Sprinkle with salt and pepper. Mix tarragon and thyme together and sprinkle half over lamb. Roast 20 minutes at 200°C (400°F).

Meanwhile mix rest of herbs with bread crumbs, butter, parsley and minced garlic. Press this mixture into the fat surface. Roast another 20 minutes for medium lamb or, until meat thermometer registers 63°C (145°F). Makes 4 to 5 servings.

PEACH TOPPED LAMB CHOPS

6 shoulder lamb chops
½ cup flour
¼ tsp salt
⅓ tsp pepper
2 tbsp vegetable oil
1 cup dry white wine
2 tbsp vinegar
2 tbsp brown sugar
1 tbsp grated lemon rind
¼ tsp cinnamon
¼ tsp dry mustard
1 can (14 oz) sliced clingstone peaches, drained

Mix flour, salt and pepper. Dredge the lamb chops in the flour mixture. In a large skillet, brown chops in oil over medium heat for 10 to 15 minutes. Transfer chops to a shallow baking dish. Pour wine and vinegar into skillet. Stir and bring to boil, pour liquid over chops. Mix sugar, lemon rind, cinnamon and mustard, together. Divide mixture evenly and spread over chops. Bake at 160°C (325°F) for 30 minutes or until chops are tender. Arrange 2 or 3 peach slices on top of each chop. Return to oven 5 minutes to heat the peaches. Makes 4 to 6 servings.

LAMB STEAKS IN PORT WINE SAUCE

4 sirloin lamb steaks (½-inch thick)
garlic powder
2 tbsp butter
1 tbsp vegetable oil
2 tbsp flour
1 can (10 oz) consommé
½ cup port
1 tbsp green peppercorns
½ tsp dried tarragon leaves

Sprinkle steaks with garlic powder to taste. Heat butter and oil until very hot in a large skillet. Brown steaks on both sides; lower heat and cook steaks about 4 to 5 minutes longer. Remove from pan and keep warm. Add flour to fat and cook for 1 minute. Gradually add consommé, port, peppercorns and tarragon; stir constantly until thickened. Return steaks to skillet and heat through. Turn over once to coat with sauce. To serve, spoon sauce over steaks. Makes 4 servings.

Note Eight loin chops may be used instead of sirloin lamb steaks.

LAMB AND NOODLE BAKE

Meat Layer

1 lb ground lamb
1 small onion, minced
1 clove garlic, crushed
1 can (19 oz) tomatoes
1 package (12 oz) frozen cut green beans
1 tsp dried basil leaves
1 tsp salt
½ tsp dried oregano leaves
¼ tsp cinnamon
⅛ tsp pepper

Noodle Layer

1 package (12 oz) broad egg noodles
4 tbsp butter
3 tbsp flour
¼ tsp salt
¼ tsp nutmeg
dash pepper
2 cups milk
1 egg, lightly beaten
1 cup grated cheddar cheese

To make meat layer, cook lamb, onion and garlic in large skillet until meat is brown and crumbly, about 10 minutes. Drain off any excess fat. Add tomatoes, beans and seasonings. Bring to a boil, stirring occasionally. Reduce heat, simmer uncovered, about ½ hour to reduce liquid.

Meanwhile, make noodle layer. Cook noodles according to package directions; drain and toss with 1 tbsp of the butter. Melt remaining butter in saucepan. Stir in flour and seasonings. Gradually add milk and stir over medium heat until thickened and smooth. Remove from heat and stir a small amount of sauce into beaten egg. Return this mixture to saucepan and stir in ½ cup of the cheese. Cook for one minute. Mix with noodles and set aside.

To assemble, arrange half the noodle mixture in a greased 12x8x2-inch pan. Spoon meat layer evenly over noodles. Spoon the rest of the noodles over meat. Sprinkle with remaining cheddar cheese. Bake at 180°C (350°F) until golden brown and set, about 30 minutes. Allow to stand 10 minutes before cutting in squares to serve. Makes 6 to 8 servings.

DILLED LAMB CROQUETTES

Croquettes

3 tbsp butter
¼ cup flour
¾ cup milk
2 cups ground, cooked lamb
1 small onion, minced
½ tsp dried dill weed
⅛ tsp garlic powder
½ cup fine, dry bread crumbs
1 beaten egg
2 tbsp water
2 to 3 cups vegetable oil for deep frying

Sauce

2 tbsp butter
2 tbsp flour
1½ cups milk
1 tbsp prepared mustard
½ tsp dried dill weed
¼ tsp salt

To make croquettes, melt 3 tbsp butter in a medium saucepan; add flour and stir to blend. Gradually add milk and cook, stirring constantly until thickened. Add lamb, onion and seasonings; mix well. Chill ½ hour or longer until firm. Shape into 2-inch balls and roll in bread crumbs. Mix egg and water; dip croquettes in egg mixture and then again into crumbs. Heat oil to 190°C (375°F); add croquettes and fry until brown, about 3 to 5 minutes. Drain on paper towelling and keep warm.

To make sauce, melt 2 tbsp butter in saucepan; blend in flour. Gradually add milk, cook over medium heat and, stir occasionally until thickened. Add seasonings.

To serve, spoon sauce over croquettes. Makes about 14 croquettes, enough for 4 to 5 servings.

CURRIED LAMB AND SPAGHETTI CASSEROLE

4 shoulder lamb chops
1 tbsp vegetable oil
¼ cup water
250 g (½ lb) spaghetti
1 tbsp butter
1 can (10 oz) cream of chicken soup
1 can (10 oz) cream of mushroom soup
1 can (10 oz) mushroom stems and pieces
1 cup milk
3 green onions, diced
2 tsp curry powder
½ tsp ground thyme
¼ tsp ground sage
¼ tsp paprika

Remove bone and fat from chops; cut lamb into ½-inch pieces. Saute lamb in hot oil in skillet until brown. Lower heat, add water and cover. Simmer approximately 20 minutes. Meanwhile cook spaghetti according to package directions. Drain, rinse and toss with butter.

Combine remaining ingredients, except paprika in a 2-quart casserole; mix well. Add cooked spaghetti, lamb and pan juices; stir to blend. Sprinkle with paprika. Bake uncovered at 180°C (350°F) for 30 to 40 minutes or until hot. Makes 6 to 8 servings.

Note 1 lb boneless stewing meat may be used instead of shoulder chops.



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